

Housekeeping as a Profession

Brains versus Drudgery

WHAT HAPPENS WHEN THE MEN CLEAN HOUSE

How Standards Are Set for Storing and Preparing Food in Public Places

By ANNE LEWIS PIERCE,
Director of The Tribune Institute.

THE kitchens and pantries and refrigerators of New York's hotels are being "looked into." Every housekeeper knows what it means to keep her own domain up to her own unsentimental, unhygienic standard, with only a few servants and a known number of guests. Science explains the why and wherefore of many precautions that the "nasty nice" old-fashioned housekeeper took just on intuition. Boiling water and dustless dusters now spell health and safety as well as aesthetic pride.

Let us take a look at the requirements of the Board of Health for an "excellent" kitchen. The inspector must be able to answer "yes" to every item on the list if the rating is to be of the highest, but if the answer is affirmative on all the starred items the hotel is still rated as "Good"—and a judgment of "Poor" falls only on those that fail to possess all of the starred requirements.

A copy of this card has been sent to each one of some 5,500 restaurants and hotels with a letter explaining that the desire is to attain the ideals presented on the card by education rather than by prosecution and asking for the cooperation of the hotelkeeper. Within a few days the inspector calls and fills in the card in duplicate, leaving one with the hotelkeeper, who is thus given an opportunity to bring his establishment up to the modest standard set. Not until after a second inspection is the place rated and the grade card issued.

All of this is of special constructive and suggestive value to the housewife, in regard to her own "hotel," as well as of importance when she goes out to dine, for there are many things to learn from the men's attempts at civic housekeeping.

How many domestic servants can show a medical card? How many come from homes of whose sanitary arrangements the housewife knows nothing, and who have no arrangements for their bodily comfort, bathing, storage of clothes and so on?

It is happily getting to be the thing to allow for the servant's room as for the guest chamber, but in the past they have been sorry places. "The servant in the house" has had neither dignity nor comfort nor companionship, and now we reap the fruits of long careless sowing and resent it if the servant does not react perfectly to a belated consideration.

This is only one item, and it opens up a large field. We propose two things that the housekeeper can do to put her self *en rapport* with the Bureau of Health in its efforts—to help them and to get the maximum of good for herself.

First, take this score card, go into your own kitchen and inspect yourself—give yourself one week for minor corrections, and two or three



A More Than Average East Side Kitchen. Does Yours Look as Well?



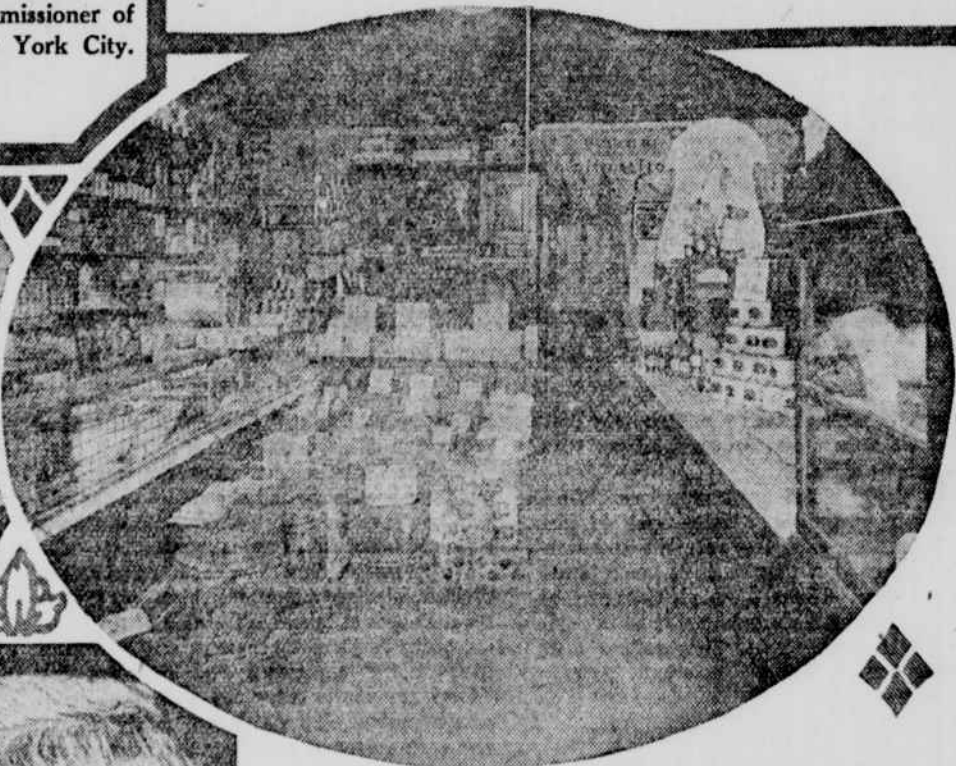
Dr. Haven Emerson, Health Commissioner of New York City.



How Not to Keep a Grocery Store.



Do You Want Your Bread Made Here?



A Grocery Store Kept According to Regulations.

weeks for any changes that call for construction—then re-rate yourself, and see what class you belong in!

Behind every one of these items is a regulation having the force of law—so if you cannot grade as excellent or good you are a lawbreaker and an offender against the Sanitary Code.

Then, in and out of season, ask in the hotels and cafés that have your patronage whether they have been scored by the Board of Health, and, if so, what their rating is.

As yet the board cannot make these ratings

public—though in the Western States this has been regularly done for some time.

An awakened public opinion, and a lively interest on the part of hotel diners, will make this work effective as nothing else can do.

It is not claimed that these requirements insure ideal conditions—they represent only conditions essential to health and wholesomeness.

Keeping the temperature of the kitchen below 80 degrees is an English requirement—and a few moments' thought will show how undesirable from a health or an aesthetic standpoint it is to have profusely perspiring humans handling food and bending over it—yet this means special construction of ventilators, fans and the like, and a great shout of protest would go up should so humane and sanitary a requirement be made. Doubtless we shall come to it, but we must



Mr. Lucius P. Brown, Director of Bureau of Food and Drugs, Department of Health, New York City.

make haste slowly in order to insure a solid foundation.

The grading card as now made up represents a tentative programme which is to be modified with experience.

When the first lot of five hundred have been correlated and averaged it will enable the health authorities to say definitely that this or that requirement is not unreasonable.

"Eighty per cent of the places examined have attained

this condition. Why not you, Mr. Dissenter?" For pitiful and prolonged have been the protests from some against these simple standards of cleanliness, notwithstanding the fact that they have been tried and successfully maintained by many hotels here and elsewhere. This is only one of the avenues along which the inspection force is moving in its efforts to protect the food supply. In the hotels we get it in its final handling.

The protection of the food itself from spoilage and adulteration begins at the wharves at 1:30 A. M. The Federal Office of Markets and Rural Organization of the Agricultural Department furnishes the Board of Health with a forecast as to just what sort of perishable product may be expected over certain transportation lines at certain times. It may be tomatoes at Pennsylvania Dock 29; it may be watermelons and raspberries from the South.

If the inspection at the wharf can weed out

Supervision Extends from Market at Water Front to the Consumer's Table

the spoiled products, and they can be dumped then and there, much time is saved and efficiency greatly promoted, for there are some 2,800 commission merchants, 1,200 factories, 100 small jobbers and 50,000 retailers who will be tempted to "pass it along" rather than to suffer loss if the half spoiled or mixed goods are unloaded on them.

Raspberries, bewildered and weary, were offered by commission merchants to inquiring inspectors, disguised as private citizens, at "half price," as being "good enough for syrups."

The inspector preferred them denatured with chloride of lime!

One jam manufacturer was not so fussy, for decayed and mouldy raspberries were found already in the kettle ready for cooking. The naive explanation was offered that they were being stewed so they would run down the sewer easier!

They were in a condition to choke even a sewer, it is true, and still the inspectors were unconvinced, for a chemical preservative, artificial color, the addition of glucose and an apple base will disguise even a mouldy raspberry, if he is sufficiently in the minority.

The only man who showed an equally ready wit was a vender of gooseberries who offered his stock—which was from 50 to 75 per cent decayed—for half price, and then, when the inspector divulged his identity, said frankly that he was really just waiting for the garbage man. But in the mean time a modest profit apparently was not to be despised!

All the way from the wharf to the hotel table—it is the plan of the Department of Health to trail the food supply. More and better equipped inspectors, more adequate appropriations and a constantly improving organization are needed to effect this; the eighty-five inspectors have to spread themselves out pretty thin to cover the field at all under present conditions.

This work is distinctly in the "World of Women."

It is one of the many problems concerning which a woman must be alert within and without the home, in order to do her work properly and thoroughly in either place.

Remember that the Department of Health is yours, both to serve and to be served.

Multiply your own domestic troubles in the market basket, pantry, refrigerator and kitchen by about 58,000, and remember that that represents the troubles of the men who are cleaning house for the city!

It is both a civic and a home duty to cooperate with their efforts by patronizing the dealers and hotelkeepers who are sanitary and honest; by buying intelligently and carefully; by keeping in sympathetic touch with such work and by educating yourself and your friends as to your responsibilities in buying and bestowing patronage.

CLEAR THINKING LIGHTENS WORK

By FLORENCE L. CLARK.

"I DON'T mind washing dishes, but I refuse to think about them while doing it," said a young housewife.

They laughed, as they often did at her sayings, but, after all, was there wisdom in the remark—or a woful lack of it?

Everybody knows there is nothing soul lifting about dish washing, and the everlastingness of it three times a day, three hundred and sixty-five days in the year, is trying. It is also true that it is the mind that suffers most from drudgery, and for that reason a separation of mind from body and the contemplation of pleasant things while engaged in menial work are recommended by many wise ones.

Yet is there not grave danger in playing the game of forgetting of spending many hours in the kitchen which might be had for recreation and rest?

It is not necessary to think constantly about the dish washing one thousand and ninety-five times a year, but if by giving thought to it the work can be lightened and time saved for better things, truly it is foolish not to give thought.

Suppose that by thinking we can curtail ten minutes from each dish washing, it means a gain of thirty minutes a day, three and a half hours a week, one hundred and eighty-two hours a year, or eighteen whole days of the usual working-hour length.

How many of us do our dishes three times a day, week in and week out, the way the young housewife who "refused to think" does hers?

Though she is a neat person, she doesn't take time to "clear up" while preparing a meal. So, as she gets up from dinner, confusion in the kitchen, with its customary drain on nerve energy, awaits her.

After she has made room on the kitchen table she carries the dishes—a few at a time—from the dining table, making, by actual count, sometimes a dozen trips between the two rooms.

The kitchen table is several feet away from the sink. After she scrapes the dishes—she

goes back and forth constantly while washing.

She is a tall woman. The sink is too low for her and she stoops as she works.

The china cupboard is on the side of the room opposite the sink. This makes it necessary for her to take many more steps in putting the dishes away.

Also, while keeping her thoughts severed from her work she usually neglects to change the water and to keep it hot and soapy enough to make washing the very easiest.

In contrast is a woman in our neighborhood who has reduced dish washing to a system in which every step, every ounce of energy, every minute of time is saved that can be saved.

She washes her cooking dishes as she prepares the meal, and so goes from dinner to the quietness of an orderly kitchen.

A table on rollers stands in the kitchen. This she takes to the dining table, and all the dishes are piled on it and carried out at one trip.

The sink, which, by the way, is just the right height for her, has a drain board on either side. She wheels the table up to the drain board at the right, scrapes her dishes and places them on it, taking no steps except to put the food away.

She gives her first attention to the glasses, silverware, kitchen utensils, and tinware. These done, she changes the water and washes the dishes.

She places them as she does so in a dish drainer, an article that she prizes more than any other one thing in the kitchen. The drainer stands on the board at the left of the sink. Boiling water is poured over the dishes and they are allowed to stand until dry.

The cupboard is directly at the left of the drain board and the dishes are put away without taking steps.

With such a system she gets through the monotonous task of dish washing in a marvelously short time. As I watched the ease and dispatch with which she accomplished the work, I told her what the other woman had said and we had laughed at.

"Yes," she answered with a smile, "I used to believe that same way. But after I had experimented and found that by thinking about it I could do the dish washing in half the time and save a lot of strength and time, I decided it was foolish not to think."

EXPERIMENTAL RATING CARD OF THE BOARD OF HEALTH

Location Borough Date Time To
DEPARTMENT OF HEALTH CITY OF NEW YORK BUREAU OF FOOD AND DRUGS
REPORT OF INSPECTION OF RESTAURANT, HOTEL, LUNCH ROOM, SALOON, CAFE
Dist. No. Owner
Character of Premises
Person in Charge

- | | Yes. | No. | Yes. | No. |
|--|------|-----|---|-----|
| 1. APPARATUS AND UTENSILS | | | | |
| (a) Clean | | | (a) Windows, doors and other openings adequately screened from May 1st to Oct. 1st, or other facilities provided to exclude flies | |
| (b) Washed in clean, scalding water | | | (b) Self-closing | |
| (c) Good repair | | | (c) Kept closed | |
| 2. EMPLOYEES | | | | |
| (a) Proper medical cards provided | | | (d) K. dr. free from excessive number of flies | |
| (b) Clean, washable outer garments worn | | | 10. SHOW CASES, WINDOWS, COUNTERS, SHELVES | |
| (c) Washing facilities conveniently located | | | (a) Clean | |
| (d) Soap, running water; fresh, clean individual towels for each employee provided | | | (b) Good repair | |
| (e) Towels and cloths used by waiters and chefs clean | | | 11. STORAGE OF FOOD | |
| 3. GARBAGE RECEPTACLES | | | | |
| (a) Suitable, watertight, sanitary containers provided | | | (a) Unprotected foods stored off floor or placed so cannot be contaminated from floor or otherwise | |
| (b) Tight-fitting covers provided | | | (b) Covered to prevent contamination and unnecessary human handling | |
| (c) Garbage cans kept clean | | | (c) Preserved or canned food immediately removed from metal containers upon opening | |
| 4. KITCHEN, DINING ROOM, STORE ROOM | | | | |
| (a) Sleeping quarters separate (k. dr. sr.) | | | 12. WALLS, CEILINGS AND FLOOR | |
| (b) Adequately lighted (k. dr. sr.) | | | (a) Good repair (floor k. dr. sr.) | |
| (c) Adequately ventilated (k. dr. sr.) | | | (b) Good repair (walls, ceilings, k. dr. sr.) | |
| (d) Free from rubbish (k. dr. sr.) | | | (c) Clean (k. dr. sr.) | |
| 5. LOCKERS | | | | |
| (a) Sufficient number for street clothing provided | | | (d) Oil paint or non-scaling water-paint (walls and ceilings k. only) | |
| (b) Closest conveniently located | | | 13. WATER CLOSETS | |
| (c) Separate from room where food is prepared | | | (a) Provided and properly enclosed | |
| 6. MILK | | | | |
| (a) Kept refrigerated | | | (b) Conveniently located | |
| (b) Milk containers and dippers clean | | | (c) Clean | |
| 7. MISCELLANEOUS | | | | |
| (a) Running hot water provided | | | (d) Good repair | |
| (b) Smoke and odors effectively removed | | | (e) Adequately ventilated and free from odors | |
| (c) Plumbing in good repair | | | (f) Notices conspicuously posted directing employees to cleanse their hands after leaving toilet | |
| 8. REFRIGERATOR | | | | |
| (a) Clean | | | (g) Connecting doors self-closing | |
| (b) Good repair | | | 14. YARDS, AREAWAYS, STAIRWAYS AND CELLAR | |
| (c) Drained into removable pan or into sink | | | (a) Clean | |
| Note:—K.—Kitchen DR.—Dining room SR.—Store room | | | | |

State in full any other objectionable features

Reinspection requested on 191

Inspector

GOOD SUGGESTIONS FOR CAMPERS

By ARMINTA W. ROWLAND.

IN PLANNING a camping trip the elimination of unnecessary articles is more difficult than the provisions of essentials.

Leave behind linen towels, silverware, sanitary couches, folding chairs, bedroom slippers and coffee percolators.

Before starting, wash all dried fruit and dry it again in the oven.

Tie the tea and coffee in small cheesecloth squares, each sufficient for a meal; then they can be made in any sort of a pan or pail; the tea will not need to be strained nor the coffee settled.

Unless one plans to bake bread, mix flour, baking powder and salt in proper proportions for biscuits and pancakes.

For any kind of transportation other than freight pack equipment and provisions in sacks. They will be more readily disposed in automobile, wagon or boat.

Butter wrapped in oil paper and placed in the middle of a sack of flour will keep hard. A quantity sufficient for a longer trip will keep from growing rancid if immersed in brine. The brine should be made hot, stiff

enough to float an egg and poured over the butter when cold.

If one can get sweet corn, try this delicious method of roasting it: Draw back the husks, take off the corn silks, wrap strips of thinly cut bacon around the ear and tightly replace the husks. Bake hot coals to one side, bury the corn in ashes and recover with the hot coals. In twenty to forty minutes the bacon will be cooked and the corn roasted, buttered and salted.

Mexican beans cooked with diced bacon, onion, a clove of garlic and well seasoned with chili powder make an excellent camp dish.

Cinnamon rolls can be made with biscuit dough. And egg and sugar added to biscuit dough, with cinnamon, butter and sugar on top, will make good coffee bread.

A thick slice of ham, surrounded with potatoes and covered with sweet milk (or diluted condensed milk) and baked slowly for an hour makes a substantial and easily prepared meal. Rice may be substituted for the potatoes.

Another quickly prepared camp *piece de resistance* is rice boiled with tomato, onion, peppers and meat. Either or both of the last two items may be omitted.